

Count
Your
Steps
in 2007!



South Carolina Department of Health
and Environmental Control

SC Department of Health and Environmental Control • Office of Minority Health
2600 Bull Street • Columbia, SC 29201 • (803) 898-3808
www.dhec.sc.gov/health/minority



**BlueCross Blue Shield
of South Carolina**
An Independent Licensee of the Blue Cross and Blue Shield Association

JANUARY



FEBRUARY



MARCH



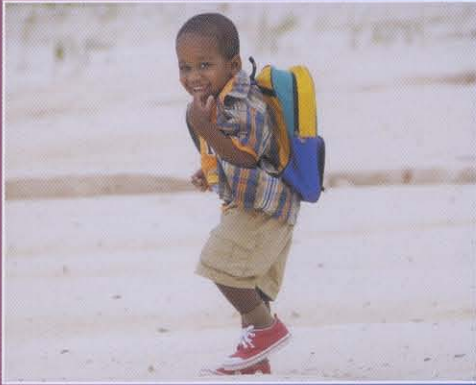
APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER

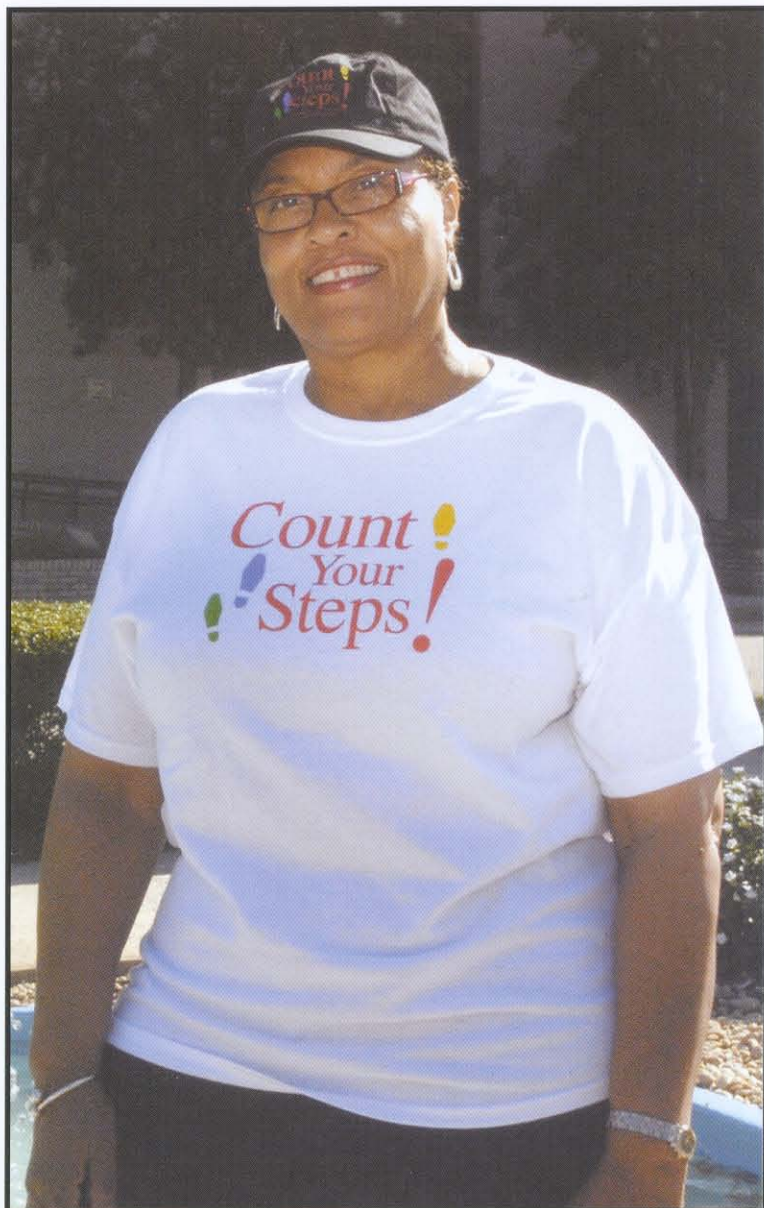


NOVEMBER



DECEMBER





The new year always brings the hope of positive changes to improve the chances of a better year than the last. This year, let's resolve to take steps towards better health by walking.

**Count
Your
Steps
in 2007!**

Walking is an easy way to prevent, delay, or reduce the risk of developing such chronic conditions as high blood pressure and diabetes. Walking not only improves your health by helping to manage these conditions better, but it also benefits your sense of well-being by elevating your mood and boosting your energy level.

This year, take time out of your busy schedule to put You First! By using this time to walk, you will be better prepared to handle the competing demands of family, friends, work, and community.

We hope that you will continue to Count Your Steps to better health throughout the year and share your success with family and friends to encourage and support them.

Please check with your health care provider before starting a new walking routine.

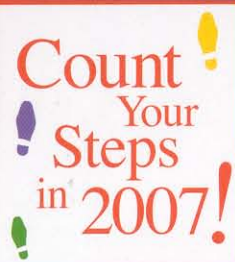
Remember, It's Your Health...Take Charge!

On behalf of the Office of Minority Health team and the DHEC family, Keep on Walking and Make it a Healthier New Year.

Gardenia B. Ruff

Gardenia B. Ruff, Director
Office of Minority Health





It's Your Health...Take Charge!

January 2007

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2007

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March 2007

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2007

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2007

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June 2007

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 2007

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 2007

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2007

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2007

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2007

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2007

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Take the First Step Towards
Better Health, WALK!

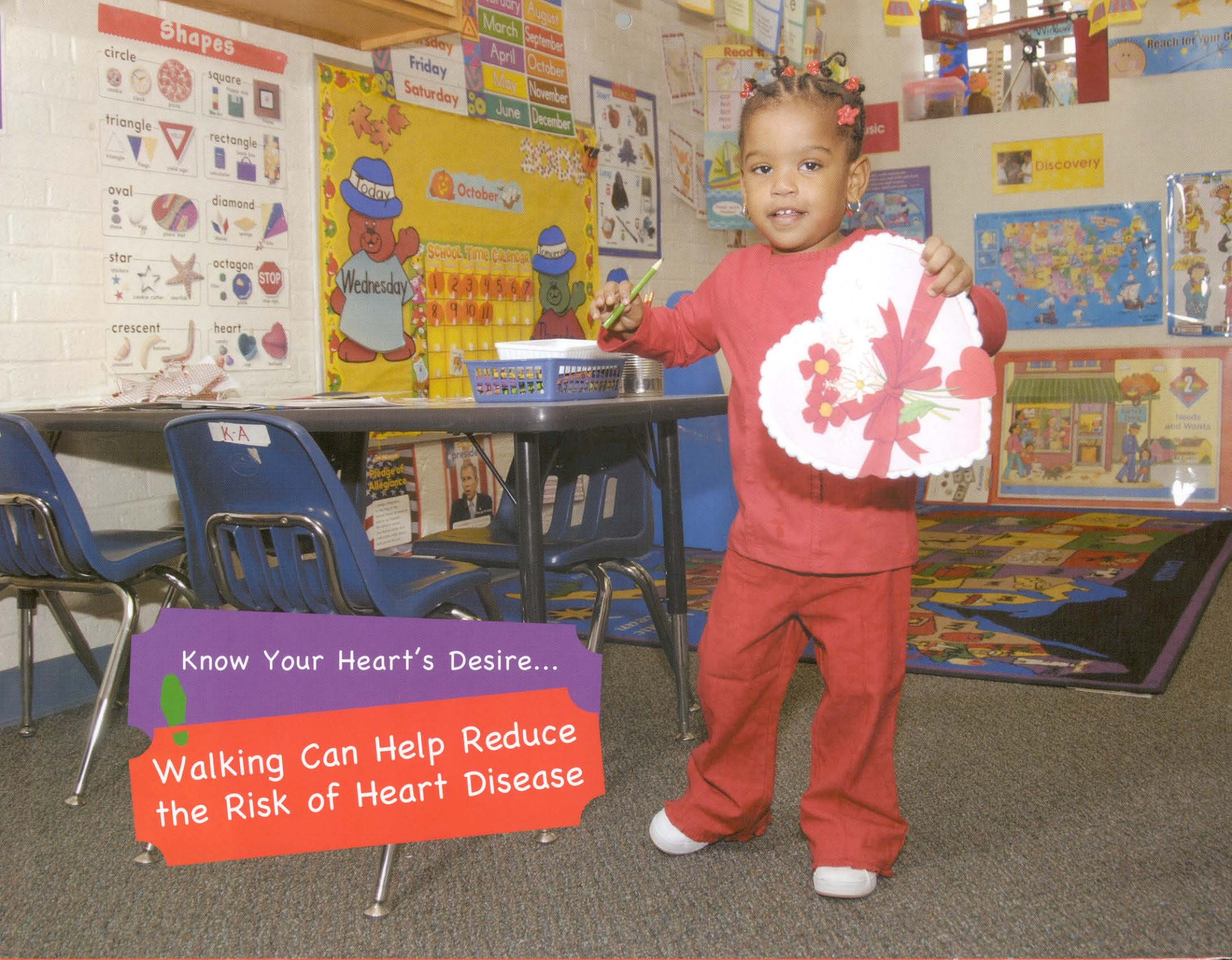
Walking Can Help You
Maintain A Healthy Weight

JANUARY 2007

National Birth Defects Prevention Month
Alzheimer's Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																			
	# Steps _____ 1 New Year's Day	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4	# Steps _____ 5	# Steps _____ 6																																																																																			
	# Steps _____ 7	# Steps _____ 8	# Steps _____ 9	# Steps _____ 10	# Steps _____ 11	# Steps _____ 12																																																																																			
	# Steps _____ 14	# Steps _____ 15 Martin Luther King Jr.'s Birthday Observed	# Steps _____ 16	# Steps _____ 17	# Steps _____ 18	# Steps _____ 19																																																																																			
	# Steps _____ 21	# Steps _____ 22	# Steps _____ 23	# Steps _____ 24	# Steps _____ 25	# Steps _____ 26																																																																																			
	# Steps _____ 28	# Steps _____ 29	# Steps _____ 30	# Steps _____ 31	<div> <div> DECEMBER 2006 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div> <div> FEBRUARY 2007 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td></tr> </table> </div> </div>		S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28		
S	M	T	W	T	F	S																																																																																			
				1	2	3																																																																																			
4	5	6	7	8	9	10																																																																																			
11	12	13	14	15	16	17																																																																																			
18	19	20	21	22	23	24																																																																																			
25	26	27	28	29	30	31																																																																																			
S	M	T	W	T	F	S																																																																																			
				1	2	3																																																																																			
4	5	6	7	8	9	10																																																																																			
11	12	13	14	15	16	17																																																																																			
18	19	20	21	22	23	24																																																																																			
25	26	27	28																																																																																						

How many steps did you take this month? # _____



Know Your Heart's Desire...

Walking Can Help Reduce
the Risk of Heart Disease

FEBRUARY 2007

Black History Month
American Heart Month
National Children's Dental Health Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																			
				# Steps _____ 1	# Steps _____ 2 National Wear Red Day	# Steps _____ 3																																																																																			
	# Steps _____ 4	# Steps _____ 5	# Steps _____ 6	# Steps _____ 7 National Black HIV/AIDS Awareness Day	# Steps _____ 8	# Steps _____ 9	# Steps _____ 10																																																																																		
	# Steps _____ 11	# Steps _____ 12	# Steps _____ 13	# Steps _____ 14 Valentine's Day	# Steps _____ 15	# Steps _____ 16	# Steps _____ 17																																																																																		
	# Steps _____ 18	# Steps _____ 19 Presidents' Day	# Steps _____ 20	# Steps _____ 21 Ash Wednesday	# Steps _____ 22	# Steps _____ 23	# Steps _____ 24																																																																																		
	# Steps _____ 25	# Steps _____ 26	# Steps _____ 27	# Steps _____ 28	<div> JANUARY 2007 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table> </div> <div> MARCH 2007 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div>		S	M	T	W	T	F	S	1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
S	M	T	W	T	F	S																																																																																			
1	2	3	4	5	6																																																																																				
7	8	9	10	11	12	13																																																																																			
14	15	16	17	18	19	20																																																																																			
21	22	23	24	25	26	27																																																																																			
28	29	30	31																																																																																						
S	M	T	W	T	F	S																																																																																			
				1	2	3																																																																																			
4	5	6	7	8	9	10																																																																																			
11	12	13	14	15	16	17																																																																																			
18	19	20	21	22	23	24																																																																																			
25	26	27	28	29	30	31																																																																																			

How many steps did you take this month? # _____



Spring into Action for
Good Health

Eating 5 Fruits/Vegetables
a Day May Reduce the
Risk of Diabetes

MARCH 2007

National Nutrition Month
National Kidney Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	FEBRUARY 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		APRIL 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		# Steps_____ 1	# Steps_____ 2	# Steps_____ 3
	# Steps_____ 4	# Steps_____ 5	# Steps_____ 6	# Steps_____ 7	# Steps_____ 8	# Steps_____ 9	# Steps_____ 10
Black Church Week of Prayer for the Healing of AIDS							
# Steps_____ 11	# Steps_____ 12	# Steps_____ 13	# Steps_____ 14	# Steps_____ 15	# Steps_____ 16	# Steps_____ 17	
						St. Patrick's Day	
# Steps_____ 18	# Steps_____ 19	# Steps_____ 20	# Steps_____ 21	# Steps_____ 22	# Steps_____ 23	# Steps_____ 24	
			Spring Begins				World TB Day
# Steps_____ 25	# Steps_____ 26	# Steps_____ 27	# Steps_____ 28	# Steps_____ 29	# Steps_____ 30	# Steps_____ 31	
		American Diabetes Alert Day					

How many steps did you take this month? # _____

A young child with dark skin and short hair is standing in a garden. The child is wearing a yellow and blue striped long-sleeved shirt and dark pants with a white stripe down the side. They are holding a large, light blue balloon with both hands. The garden features a large, bushy plant with variegated green and yellow leaves. The ground is covered in reddish-brown mulch. In the foreground, there is a pink egg-shaped object and a yellow egg-shaped object. To the left, there is a stuffed rabbit toy. The background shows a brick wall and a white window frame. The scene is brightly lit, suggesting it is daytime.

Take Steps Every Day for
Good Health...WALK

Walking Can Help to Reduce
the Risk of Some Cancers

APRIL 2007

National Minority Health Month
Cancer Control Month
National STD Awareness Month
National Public Health Month
Alcohol Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
# Steps _____ 1  Palm Sunday Daylight Saving Time Begins	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4	# Steps _____ 5	# Steps _____ 6 Good Friday	# Steps _____ 7																																																																																				
# Steps _____ 8 Easter	# Steps _____ 9	# Steps _____ 10	# Steps _____ 11	# Steps _____ 12	# Steps _____ 13	# Steps _____ 14																																																																																				
# Steps _____ 15	# Steps _____ 16	# Steps _____ 17	# Steps _____ 18	# Steps _____ 19	# Steps _____ 20	# Steps _____ 21																																																																																				
National Minority Cancer Awareness Week																																																																																										
# Steps _____ 22	# Steps _____ 23	# Steps _____ 24	# Steps _____ 25	# Steps _____ 26	# Steps _____ 27	# Steps _____ 28																																																																																				
National Infant Immunization Week April 21-28				Safe Kids Week April 28-May 6																																																																																						
# Steps _____ 29 Safe Kids Week April 28-May 6	# Steps _____ 30				<div> <div> MARCH 2007 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td></td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div> <div> MAY 2007 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table> </div> </div>		S	M	T	W	T	F	S				1	2	3		4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
S	M	T	W	T	F	S																																																																																				
			1	2	3																																																																																					
4	5	6	7	8	9	10																																																																																				
11	12	13	14	15	16	17																																																																																				
18	19	20	21	22	23	24																																																																																				
25	26	27	28	29	30	31																																																																																				
S	M	T	W	T	F	S																																																																																				
			1	2	3	4																																																																																				
5	6	7	8	9	10	11																																																																																				
12	13	14	15	16	17	18																																																																																				
19	20	21	22	23	24	25																																																																																				
26	27	28	29	30	31																																																																																					

How many steps did you take this month? # _____



Protect Your Health
By Walking

Walking May Help Lower
Your Blood Pressure and
Risk for Stroke

MAY 2007

National Stroke Awareness Month
National High Blood Pressure Education Month
National Teen Pregnancy Prevention Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Count Your Steps in 2007!		# Steps _____ 1	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4	# Steps _____ 5
				Safe Kids Week April 28-May 6		
# Steps _____ 6	# Steps _____ 7	# Steps _____ 8	# Steps _____ 9	# Steps _____ 10	# Steps _____ 11	# Steps _____ 12
Safe Kids Week April 28-May 6						
# Steps _____ 13	# Steps _____ 14	# Steps _____ 15	# Steps _____ 16	# Steps _____ 17	# Steps _____ 18	# Steps _____ 19
Mother's Day			National Women's Health Week			
# Steps _____ 20	# Steps _____ 21	# Steps _____ 22	# Steps _____ 23	# Steps _____ 24	# Steps _____ 25	# Steps _____ 26
# Steps _____ 27	# Steps _____ 28	# Steps _____ 29	# Steps _____ 30	# Steps _____ 31		
	Memorial Day		National Senior Health & Fitness Day	World No Tobacco Day		

How many steps did you take this month? # _____

APRIL 2007


S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JUNE 2007

S	M	T	W	T	F	S
						1
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

A young boy with dark skin and short hair is walking on a sandy beach. He is wearing a blue and white plaid shirt, khaki shorts, and red sneakers with white laces. He has a yellow and blue backpack on his back. He is smiling and looking back over his shoulder at the camera, with his right hand near his mouth. The background is a blurred view of the beach and ocean.

Where's Your Sense of
Adventure? Take A Hike!

A yellow footprint icon with a black outline, positioned to the left of the text.

Walking Can Help Build
Healthy Muscles, Bones,
and Joints

JUNE 2007

Vision Research Month
Fireworks Safety Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
	<div> <div>MAY 2007</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table> </div> <div> <div>JULY 2007</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> </div>		S	M	T	W	T	F	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							# Steps _____ 1	# Steps _____ 2
	S	M	T	W	T	F	S																																																																																			
	1	2	3	4	5																																																																																					
6	7	8	9	10	11	12																																																																																				
13	14	15	16	17	18	19																																																																																				
20	21	22	23	24	25	26																																																																																				
27	28	29	30	31																																																																																						
S	M	T	W	T	F	S																																																																																				
1	2	3	4	5	6	7																																																																																				
8	9	10	11	12	13	14																																																																																				
15	16	17	18	19	20	21																																																																																				
22	23	24	25	26	27	28																																																																																				
29	30	31																																																																																								
# Steps _____ 3	# Steps _____ 4	# Steps _____ 5	# Steps _____ 6	# Steps _____ 7	# Steps _____ 8	# Steps _____ 9																																																																																				
National Cancer Survivors Day																																																																																										
# Steps _____ 10	# Steps _____ 11	# Steps _____ 12	# Steps _____ 13	# Steps _____ 14	# Steps _____ 15	# Steps _____ 16																																																																																				
			National Men's Health Week																																																																																							
# Steps _____ 17	# Steps _____ 18	# Steps _____ 19	# Steps _____ 20	# Steps _____ 21	# Steps _____ 22	# Steps _____ 23																																																																																				
National Men's Health Week Father's Day		Juneteenth		Summer Begins																																																																																						
# Steps _____ 24	# Steps _____ 25	# Steps _____ 26	# Steps _____ 27	# Steps _____ 28	# Steps _____ 29	# Steps _____ 30																																																																																				
			National HIV Testing Day																																																																																							

How many steps did you take this month? # _____

A young girl with braided hair, wearing a blue denim dress with floral embroidery and white sneakers, is walking on a brick path. She is smiling and looking back over her shoulder. The background features a lush green hedge and a white balustrade with decorative columns.

Take Pride in Your Stride


Walking May Help You
Feel Stronger, Longer

JULY 2007

Fireworks Safety Month (through July 4th)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
# Steps _____ 1 	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4 Independence Day	# Steps _____ 5	# Steps _____ 6	# Steps _____ 7
# Steps _____ 8	# Steps _____ 9	# Steps _____ 10	# Steps _____ 11	# Steps _____ 12	# Steps _____ 13	# Steps _____ 14
# Steps _____ 15	# Steps _____ 16	# Steps _____ 17	# Steps _____ 18	# Steps _____ 19	# Steps _____ 20	# Steps _____ 21
# Steps _____ 22	# Steps _____ 23	# Steps _____ 24	# Steps _____ 25	# Steps _____ 26	# Steps _____ 27	# Steps _____ 28
# Steps _____ 29	# Steps _____ 30	# Steps _____ 31	JUNE 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		AUGUST 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	

How many steps did you take this month? # _____


A young girl with dark hair and white flower clips is riding a purple and white tricycle on a paved path. She is wearing a yellow sleeveless top and denim shorts. The background consists of a dense forest of tall, thin trees. In the bottom left corner, there are two overlapping text boxes: a red one on top and a purple one below it, both with torn edges. The red box contains the text "Increase Your Pace to Win the Race" and the purple box contains the text "Walk Briskly for the Best Health Benefit".

Increase Your Pace
to Win the Race

Walk Briskly for the
Best Health Benefit

AUGUST 2007

National Immunization Awareness Month
National Water Quality Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JULY 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		# Steps _____ 1 National Minority Donor Awareness Day	# Steps _____ 2 World Breastfeeding Week	# Steps _____ 3	# Steps _____ 4
	# Steps _____ 5 # Steps _____ 6 # Steps _____ 7 # Steps _____ 8 # Steps _____ 9 # Steps _____ 10 # Steps _____ 11 World Breastfeeding Week					
# Steps _____ 12	# Steps _____ 13	# Steps _____ 14	# Steps _____ 15	# Steps _____ 16	# Steps _____ 17	# Steps _____ 18
# Steps _____ 19	# Steps _____ 20	# Steps _____ 21	# Steps _____ 22	# Steps _____ 23	# Steps _____ 24	# Steps _____ 25
# Steps _____ 26	# Steps _____ 27	# Steps _____ 28	# Steps _____ 29	# Steps _____ 30	# Steps _____ 31	SEPTEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

How many steps did you take this month? # _____



Make Good Health
Your Goal... Walk!

Walking Can Reduce
High Cholesterol

SEPTEMBER 2007

Prostate Cancer Awareness Month
National Sickle Cell Month
National 5-A-Day Month
National Cholesterol Education Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AUGUST 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		OCTOBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			# Steps _____ 1
	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4	# Steps _____ 5	# Steps _____ 6	# Steps _____ 7
	Labor Day					
# Steps _____ 9	# Steps _____ 10	# Steps _____ 11	# Steps _____ 12	# Steps _____ 13	# Steps _____ 14	# Steps _____ 15
# Steps _____ 16	# Steps _____ 17	# Steps _____ 18	# Steps _____ 19	# Steps _____ 20	# Steps _____ 21	# Steps _____ 22
		Take A Loved One to the Doctor Day				
# Steps _____ 23	# Steps _____ 24	# Steps _____ 25	# Steps _____ 26	# Steps _____ 27	# Steps _____ 28	# Steps _____ 29
Fall Begins						
# Steps _____ 30						

How many steps did you take this month? # _____

A young girl with braided hair and pink beaded headbands is climbing a carpeted staircase. She is wearing a pink and white striped long-sleeved shirt and blue jeans. She is holding onto a wooden handrail with her right hand. The stairs are carpeted in a blue and brown pattern. The wall is white with a wooden handrail. The background is a wooden wall.

Small Steps Make
a Big Difference

Walk for the
Health of it!

OCTOBER 2007

National Breast Cancer Awareness Month
Sudden Infant Death Syndrome (SIDS) Awareness Month
Talk About Prescriptions Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																		
	# Steps _____ 1	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4	# Steps _____ 5	# Steps _____ 6																																																																																																		
			International Walk to School Day																																																																																																					
# Steps _____ 7	# Steps _____ 8	# Steps _____ 9	# Steps _____ 10	# Steps _____ 11	# Steps _____ 12	# Steps _____ 13																																																																																																		
	Columbus Day		National Fire Prevention Week																																																																																																					
# Steps _____ 14	# Steps _____ 15	# Steps _____ 16	# Steps _____ 17	# Steps _____ 18	# Steps _____ 19	# Steps _____ 20																																																																																																		
			National Health Education Week																																																																																																					
# Steps _____ 21	# Steps _____ 22	# Steps _____ 23	# Steps _____ 24	# Steps _____ 25	# Steps _____ 26	# Steps _____ 27																																																																																																		
National Health Education Week																																																																																																								
# Steps _____ 28	# Steps _____ 29	# Steps _____ 30	# Steps _____ 31		<div> SEPTEMBER 2007 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> <div> NOVEMBER 2007 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>		S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
S	M	T	W	T	F	S																																																																																																		
						1																																																																																																		
2	3	4	5	6	7	8																																																																																																		
9	10	11	12	13	14	15																																																																																																		
16	17	18	19	20	21	22																																																																																																		
23	24	25	26	27	28	29																																																																																																		
30																																																																																																								
S	M	T	W	T	F	S																																																																																																		
						1																																																																																																		
2	3	4	5	6	7	8																																																																																																		
9	10	11	12	13	14	15																																																																																																		
16	17	18	19	20	21	22																																																																																																		
23	24	25	26	27	28	29																																																																																																		
30																																																																																																								
			Halloween																																																																																																					

How many steps did you take this month? # _____



Better Health is Within
Reach, Keep Walking

Walking May Reduce the
Risk of Diabetes

NOVEMBER 2007

American Diabetes Month
Lung Cancer Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OCTOBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		# Steps _____ 1	# Steps _____ 2	# Steps _____ 3
	# Steps _____ 4	# Steps _____ 5	# Steps _____ 6	# Steps _____ 7	# Steps _____ 8	# Steps _____ 9
Daylight Saving Time Ends		Election Day				
# Steps _____ 11	# Steps _____ 12	# Steps _____ 13	# Steps _____ 14	# Steps _____ 15	# Steps _____ 16	# Steps _____ 17
Veterans Day				Great American Smokeout		
# Steps _____ 18	# Steps _____ 19	# Steps _____ 20	# Steps _____ 21	# Steps _____ 22	# Steps _____ 23	# Steps _____ 24
				Thanksgiving		
# Steps _____ 25	# Steps _____ 26	# Steps _____ 27	# Steps _____ 28	# Steps _____ 29	# Steps _____ 30	

How many steps did you take this month? # _____



South Carolina Department of Health
and Environmental Control

Office of Minority Health
(803) 898-3808



BlueCross Blue Shield
of South Carolina
An Independent Licensee of the Blue Cross and Blue Shield Association


A young girl with dark hair, wearing a pink tracksuit and white shoes, stands next to a decorated Christmas tree. She is pointing her right index finger towards the tree. The tree is covered in gold and red ornaments and lights. Several wrapped gifts are on the floor around the base of the tree. In the background, there is a wooden cabinet with white dishes. A red banner with white text is at the top left, and a purple banner with white text is below it. A green exclamation mark is on the left side of the purple banner.

Give the Gift of Health,
Share Your Healthy Habits

Walking Together Can Bring
Family and Friends Closer

DECEMBER 2007

Safe Toys and Gifts Month
National Drunk and Drugged Driving (3D) Prevention Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NOVEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				# Steps _____ 1 World AIDS Day
	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4	# Steps _____ 5	# Steps _____ 6	# Steps _____ 7
# Steps _____ 9	# Steps _____ 10	# Steps _____ 11	# Steps _____ 12	# Steps _____ 13	# Steps _____ 14	# Steps _____ 15
# Steps _____ 16	# Steps _____ 17	# Steps _____ 18	# Steps _____ 19	# Steps _____ 20	# Steps _____ 21	# Steps _____ 22
# Steps _____ 23	# Steps _____ 24 Christmas Eve	# Steps _____ 25	# Steps _____ 26	# Steps _____ 27	# Steps _____ 28	# Steps _____ 29 Winter Begins
# Steps _____ 30	# Steps _____ 31 New Year's Eve	Christmas Day	First Day of Kwanzaa			

How many steps did you take this month? # _____